

# ■ PRACTICE SESSION RULES

Refer to the Figure Skating Practice Sessions brochure for purchasing and admission information. [*Parents*, when registering for classes or buying practice sessions, instruct your child in the following proper behavior on practice sessions.] For improved safety and learning conditions, all skaters must abide by the following rules:

- Learn to practice well with other skaters of varying number, level, and skating style.
- Stay out of the way of skaters taking lessons, instructors giving lessons, and skaters performing programs.
- Conform to level requirements. If you are a hockey skater or are not skating at the appropriate test level for a particular session, you may skate *only* if you have a private lesson and *only* during the lesson, not before or after. And, you do not have right of way during your lesson.
- Treat others with respect, kindness, and common courtesy. Stay out of the way of high-level skaters. If you are a high-level skater, be courteous to low-level skaters (remember, you were once a low-level skater).
- Pay attention! Keep your eyes up!
- Get up quickly, if you fall.
- Stand next to the barrier when you are not skating.
- Leave the ice if you want to talk.
- Use all of the ice. Do not congregate in one area.
- Do not skate across the center of the ice.
- Do not throw anything, including ice.
- Avoid sitting on the dasher boards, kicking the ice, digging holes, and playing with the cones.
- No horseplay, such as sliding on the ice, chasing, playing tag, or running into other skaters.
- No rudeness, cursing, throwing fits, mouthing off, or other unsportsmanlike behavior.
- Any instructor has the authority to correct your behavior and to ask you to leave the ice.